



Lundi , 02.10

|                      |
|----------------------|
| <b>18:30 - 19:00</b> |
| <i>Total Body</i>    |
| Team                 |

Mardi , 03.10

|                      |                      |
|----------------------|----------------------|
| <b>09:00 - 09:30</b> | <b>18:30 - 19:00</b> |
| <i>Abdos</i>         | <i>Abdos</i>         |
| Team                 | Team                 |

Mercredi , 04.10

|                      |
|----------------------|
| <b>18:30 - 19:00</b> |
| <i>Cardio</i>        |
| Team                 |

Jeudi , 05.10

|                      |
|----------------------|
| <b>18:30 - 19:00</b> |
| <i>Total Body</i>    |
| Team                 |

Vendredi , 06.10

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <b>09:00 - 09:30</b> | <b>12:15 - 12:45</b> | <b>18:30 - 19:00</b> |
| <i>Abdos</i>         | <i>Cardio</i>        | <i>Abdos</i>         |
| Team                 | Team                 | Team                 |

Samedi , 07.10

Dimanche , 08.10